

FISHING TODAY WITH TOMORROW IN MIND SUSTAINABLE FISH LABELLED (page 18)



RUINED?
WONDER WOMAN
GETS MAKEOVER

NEW LOOK, STORY (page 13)



Monday, July 5, 2010 www.metronews.ca





Norovirus infects children at hospital

● 3 confirmed cases, 1 suspected case at Alberta Children's Hospital involving young patients ● Officials believe outbreak has been contained, says AHS ● Some staff members sent home or asked not to come to work

At least three confirmed cases and one suspected case of the highly contagious norovirus have been reported at the Alberta Children's Hospital in Calgary.

rta Children's Hospital in Calgary. All four cases involve young patients at the hospital and Alberta Health Services spokesperson Don Stewart said officials believe the outbreak has been contained.

"There were no more reported cases

on Sunday so that is a good sign," he said, adding the first case was reported on Wednesday.

About 20 staff members were either sent home or asked to stay home if they

were feeling sick, but they won't necessarily be tested for the virus.

"It's something that will clear up in two or three days."

● KRISTA SYLVESTER



Crowds flock to massive Sled Island music fest

'Making a baby is a team sport'

• Women's bodies often get the blame, but 40% of infertility cases can be attributed to men: Doctor {page 16}

Nadal on top

Spanish star wins Wimbledon {page 21}





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Connelly combats Memorial shutdown



It's all in the numbers, according to a city alderman who is putting forward a motion to halt the impending closure of Memorial Drive later this summer for a one-day festival.

Ward 6 Ald. Joe Connelly is trying to add his motion to urgent business for today's meeting that, if

passed, would ensure Memorial Drive would not be shut down for the Bow River Flow event on Aug. 22.

"Just look at the numbers: on a Sunday there's 10,000 drivers using Memorial and last year only 200 people went to the festival. That's only two per cent — it doesn't make sense," Connelly said.

"It's just ridiculous to inconvenience that many people."

Connelly is trying to get the motion on the agenda for today.

If he fails it will have to wait until July 19, but Ald. Brian Pincott thinks it's a silly idea.

"We close many roads across the city for different community events and this should be no different. I went last year and it was a great event and I expect this year to be even better," Pincott said.





International Avenue plan up for approval

▶ Redevelopment includes new LRT line ◆ Area 'just waiting to come into its own': Hawkesworth



It's not the railroad that was promised over 100 years ago, but it's close.

The Southeast 17 Corridor Land use and Urban Design Concept Plan goes to city council today for approval. The plan features a multi-modal boulevard with a ground level LRT/BRT line running up International Avenue.

"A lot of positive things have already been done, but this will make it one of the best communities in the city," said Alison Karim-McSwiney, executive director of International Avenue. "We're pushing for the timing of (the LRT) as fast as possible. The infrastructure is really overdue

Plan principles

- The plan was developed over three years, building on previous planning and community engagement work.
- Principles in the design include promoting safe and walkable neighbourhoods, multicultural building styles, memorial spaces, mixed-use developments, and increased housing.

for a redesign."

The richness of diversity of International Avenue means it can transform into a unique and special area, said Ald. Bob Hawkesworth.

"It's just waiting to come into its own as one of Calgary's coolest redeveloped areas," he said.





News on the move

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- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
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On the web at metronews.ca

Guidy Mamann finds plenty to be skeptical of in new law, at metronews.ca /immigration



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Plenty of Calgarians happy to 'pay it forward'

 ♠ Anonymous donors hope giving is contagious
 ♠ One man buys coffee for a stranger every morning



Paige Crow thought the first time a stranger bought her drink in a Starbucks drive-thru was a fluke.

Then it happened again two months later. And once more last week.

Now she believes the "pay it forward" attitude is alive in the city.

"I thought the first time was because I let the woman in the car go ahead of me and she ended up buying my drinks, but it happened again from another guy for no reason," Crow said.

"It really made my day. It made everything else that happened that morning go away and just put a smile on my face.

"And just yesterday I bought a stranger a Slurpee."

So why do they do it?

A kind act

One local, who wishes to remain anonymous, said he makes a habit of buying a coffee for others.

- Said the man: "I've paid for lots of people's coffee. If I'm in the drive-thru at Tim Hortons, I usually grab coffee for the car behind me. I do it because it's completely anonymous and I know I'm making their day a little better.
- It's not just coffee. Some Calgarians said they've had sandwiches, snacks and even restaurant lunches bought by strangers.

Metro asked several "coffee-buyers" who wished to remain anonymous — most say they just believe in "what goes around comes around."

"I tend to do it if I am just in a really great mood, or if I notice in my



rear view mirror the person behind me maybe looks frazzled with life that day," one woman

said.

Another Calgary man said that he loved the expressions on the faces of the people he bought drinks for when he noticed they were short on cash.

they were short on cash.
"Does what goes

around come around? I'm still a skeptic but that doesn't mean I can't be kind, right?"



News in brief



McIver: Look into bio-diesel

ENVIRONMENT. Despite the reduction of greenhouse gas emissions, Ald. Ric McIver is questioning the use of blended bio-diesel in city vehicles versus the incorporation of natural gas. He said the city should look into the alternative fuel source as a means to save money.

A report will be presented to the city's environment committee Wednesday.

Candle caused fire: Officials

ABBEYDALE. An unattended candle is to blame for causing a duplex fire in the southeast neighbourhood of Abbeydale Saturday evening.

day evening.

Fire crews were able to subdue a blaze on Abbergale Close and all residents on both sides of the duplex escaped without injury.

Extensive damage was done to the side where the fire started.

Mayor looks to avoid cuts to police budget

POLICE. Mayor Dave Bronconnier and Ald. John Mar will ask council to pre-approve the Calgary Police Service 2011 budget.



The two put forward a motion stating that a cut to the CPS

budget would "negatively impact" their ability to hire and train new recruits. Council will vote on the motion today.

• METRO CALGARY

Stabbing victim not helping in investigation, say police

A stabbing victim is not co-operating with investigators, police say.

The stabbing occurred yesterday morning in Riley Park in northwest Calgary. A concerned citizen reported a man with blood all over his hands, said police.

"At this point, there's not a lot to go on," said duty Insp. James Hardy. "Details are pretty sketchy."

The man was taken to hospital by ambulance with minor injuries.

Police said there are no suspects at this time and they are contining to investigate.

• JESSICA PICHE

The number of suspects in yesterday's stabbing.



Sled Island fest a smash hit again this year

● Thousands attend weekend festival ● Ticket sales doubled over last year, despite doubling the price



Skinny jeans, black-rimmed glasses and indie music united thousands of Calgarians at the Sled Island festival over the last five days.

Officials of the increasingly popular local music festival said the fourth year has proven to be more popular than ever as it becomes more of a staple on the local arts and music scene. The festival doubled its sales even though it also cost twice as

The number of bands that took to stages across the city at 30 different venues - including the Olympic Plaza.

much for tickets.

"I think more people know about it, more people are talking about it and more people are coming support spokesperson Drew Marshall said.

"The lineup has been really amazing.

Popular local acts like The Dudes accompanied big name acts like Melissa auf der Maur and Shout Out Out Out to rock the city at various locations.

Candace Montei trav-elled from Red Deer to spend the weekend listening to "awesome" music.

"The amount of bands you get for the price you pay is next to none. There were so many awesome acts, plus great ones I've never heard of before," she

ANIMAL RIGHTS

Stampede here to stav

This weekend's protest against the Stampede rodeo won't be the last, according to one Calgary animal rights activist.

Lisa Shaw. head organizer for the group, said that as Stampede kicks off, so will a number of protests put on by the Calgary

Animal Rights Meetup

When the Stampede rodeo is actually on, it's right in front of your face. You can't ignore it," she said.

The group has five protests planned during Stampede, all taking place at the Victoria Park LRT station.



Girls saved after going over weir

Two girls are lucky to be alive after going over the weir on the Bow River Saturday evening.

The raft, which was carrying three girls, got hung up on the weir boom, causing their raft to capsize.

One of the girls was able to swim to shore before going over the weir. Officials say they were

not wearing life jackets. METRO CALGARY



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GULF OIL SPILL

Skimmer holds latest hope

The latest hopes are riding on a massive new skimmer to clean oil from near the spewing well in the Gulf of Mexico. A 48-hour test of the Taiwanese vessel dubbed "A Whale" began Saturday and continued through yesterday. TMT Shipping created

what is billed as the world's largest oil skimmer by converting an oil tanker after the April 20 explosion sent crude spilling into the Gulf. The vessel was expected to cruise a 65-squarekilometre test site just north of the Macondo Deepwater well site.

The U.S. Coast Guard and BP are waiting to see if the vessel, which is as long as three football fields, can live up to its makers' promise of pro-cessing up to 79 million litres of oil-fouled water a day. The associated press

Poland Lebanese **Shiite** elects new president cleric dies

Interim Polish president Bronislaw Komorowski ap-The top Shiite cleric in Lebanon and one of the peared yesterday to have sect's most revered authoriheld off a last-minute surge ties, Ayatollah Mohammed from the identical twin Hussein Fadlallah, died yesbrother of the late terday after a long illness. He was 75. Fadlallah's docpresident, who died in an April plane crash that tor said the cleric died from shocked the country and internal bleeding in his forced early elections. stomach

THE ASSOCIATED PRESS

Petraeus in it to win it in Afghanistan



• General takes over U.S. and NATO command ('Contest of wills'

We are in this to win," Gen. David Petraeus said yesterday as he took the reins of an Afghan war effort troubled by waning support, an emboldened enemy, government corruption and a looming commitment to withdraw troops even with no sign of violence easing.

Petraeus, who pioneered the counterinsurgency strategy he now oversees in Afghanistan, has just months to show progress in turning back insurgents and convince both the Afghan people and neighbouring countries that the U.S. is committed to preventing the country from again becoming a haven for al-Qaida and its terrorist al-

"We are engaged in a contest of wills," Petraeus said as he accepted the

command of U.S. and NATO forces before several hundred U.S., coalition and Afghan officials outside NA-TO headquarters in Kabul.

Petraeus, widely credited with turning around the U.S. war effort in Iraq, said the Taliban and their allies are killing and maiming civilians — even using "un-witting children to carry out attacks" — in an attempt to undermine public confidence in the Afghan government and the international community's ability to prevail.

"In answer, we must demonstrate to the people and to the Taliban that Afghan and international forces are here to safeguard the Afghan people, and that we are in this to win," Petraeus said on U.S. Independence Day.

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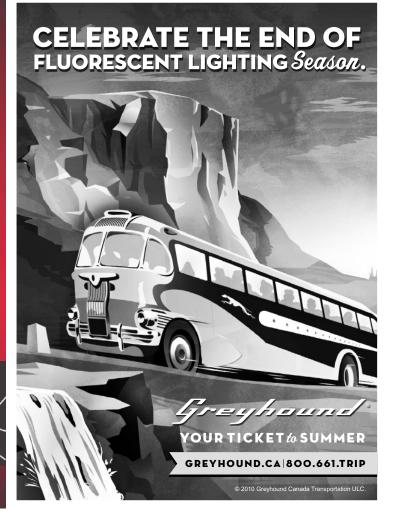
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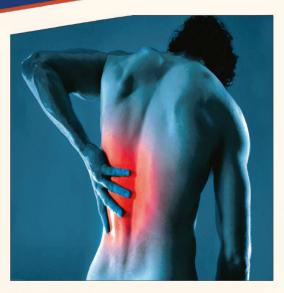




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- K. Faught

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- C. Masse

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- John D.

I had been diagnosed with two hemiated discs in the lumbar. When I first visited CDPC in Ottawa it was almost impossible for me to sit as the pain was so excruciating. Now, after completing my sessions I am almost fully recovered!

- F. Larandi

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- Iona B

I have tried chiropractors, acupuncture, physiotherapy, massage, [etc]...all gave me only temporary relief. Since attending the CDPC after only a few sessions I could feel a substantial improvement in my lower back...After completing my treatments my life returned to normal and resumed most physical activities without pain or discomfort!

- Anonymous

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Canadian army mulls post-Afghan options

The running gag in Ottawa lately is that the looming end of the Afghan war has left Canada with a pretty little army that's all dressed up with no place to go.

Those in uniform don't

Those in uniform don' consider it very funny.

The war transformed the Canadian military, the army in particular, with a lot of new equipment. But more importantly, it has forged a generation of soldiers and officers who've been tested in battle.

The questions of how, when and where the Canadian military should be employed after combat operations in Kandahar cease next summer is something that MPs and decision-makers have just begun to wrap their heads around.

Poll after poll, focus group after focus group have screamed for a return to what Canadians see as their traditional role on the world stage — peacekeeping. And those are the surveys carried out by the

YOUR CAREER



Department of National Defence itself.

Retired major-general Lewis MacKenzie said Ottawa needs to be picky and choosy about the missions it undertakes in the future.

He recently told the House of Commons defence committee the military is too small for what the government often asks it to do and a force of between 85,000 and 100,000 regulars is what Ottawa should aim for to avoid burn-out. He also ques-

Canada's role

Canadians favour a return to peacekeeping

- Haiti Canadians are more enthusiastic for missions like the one to Haiti, where the army, navy and air force pulled together to deliver a swift and efficient humanitarian operation in the earthquake-shattered nation.
- Canada Day The military's role in Haiti was showcased in a slide show on giant screens in front of the Queen and an estimated 100,000 revellers.
- Comparison The response to Haiti was a far cry from the dithering that seemed to go on following the 2005 Indonesian tsunami, and the Conservative government has not missed an opportunity pointing out the difference.

tioned whether it is buying the right equipment.

THE CANADIAN PRESS



Almost half of Canada's MPs hold other jobs

 Many Canadian MPs are moonlighting as business owners
 Others receive government pensions

Nearly half of Canada's members of Parliament are moonlighting, running businesses or collecting income above and beyond their six-figure salaries.

A review of recent disclosure statements filed with Parliament's ethics commissioner shows that 151 of Canada's 308 MPs are either receiving an outside income or have an ownership stake in an outside business.

The analysis found that 103 MPs are owners or part-owners of businesses, ranging from fast-food restaurants, a bakery and wilderness tours to hold103

Number of MPs who are owners or partowners of business, ranging from fast-food restaurants, a bakery and wilderness tours to holding companies, farms and real-estate investment.

ing companies, farms or real-estate investment.

The filings also show that 99 MPs each received more than \$10,000 in income from outside sources in the previous year, in addition to their base salaries of \$157.731.

Forty-eight MPs collect pensions; most from governments. Another 51 listed income ranging from speaking and consulting fees to rental and farm income. Fifty-one MPs listed both outside income and outside business interests, and two party leaders in the House of Commons list outside interests.

While there are some restrictions for cabinet ministers, MPs are allowed to hold as many outside jobs and own as many companies as they like.

THE ASSOCIATED PRESS



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MPs put

MPS pui heat on Fadden

Opposition MPs say they might compel testimony from officials in the prime minister's circle in a bid to unravel the mystery of remarks by Canada's spy chief.

Today they'll apply the heat to Canadian Security Intelligence Service director Dick Fadden over his recent eyebrowraising assertion that Canadian politicians are being unduly influenced by a foreign power.

Fadden's words enraged many who said they cast aspersions on all elected officials with ties abroad. Some spywatchers marvelled at his loose lips. Others said Fadden was being refreshingly forthright.

Fadden, a veteran bureaucrat, who became CSIS boss one year ago, will have to walk the fine line of explaining his remarks revealing his agency's operations. THE CANADIAN PRESS

Program to train aid workers

Government funding to Canadian aid groups may have taken a hit this past year, but a new program that will train international aid workers will open its doors in September. The Inter-national Support Worker program will begin its inaugural year in the fall at Loyalist College in Belleville, Ont.

THE CANADIAN PRESS

Arf, Matey! Russian dog scuba dives

Any dachshund owner knows the feisty breed rarely backs off from a challenge, but one in Russia is taking that reputa-tion to new heights — or

The dog named Boniface is learning how to scuba dive.

Sergei Gor-Owner bunov, a professional diver in the Pacific Coast city of Vladivostok had a diving suit complete with helmet made for the dog and is teaching him the tricks of the trade.

In a recent demonstration. Boniface barked eagerly as Gorbunov readied the equipment and uncomplainingly endured being hung upside-down as Gorbunov fitted the suit on him.

Once underwater, the dachshund seemed to have a different outlook, emitting some high-

"Underwater, I don't think he experiences any stress."

SERGEI GORBIINOV DOG OWNER

pitched whines.

Gobunov says, "Underwater. I don't think he experiences any stress. THE ASSOCIATED PRESS



News in brief



Hotdogger

EATING CONTEST. A Japandog contest apparently tation to hotdog afterward.

Competitive eater Joey (Jaws) Chestnut gobbled surprise appearance of

upstaged

ese eating champion who sat out this year's Coney Island Fourth of July hot couldn't resist the temp-

his way to a fourth consecutive championship yesterday. But he was suddenly upstaged by the his biggest rival - sixtime champion Takeru Kobayashi, above, who did not compete but crashed the stage after Chestnut's win and wrestled with police. THE ASSOCIATED PRESS

Mexico goes to election polls

VOTE. More than a dozen Mexican states held elections yesterday after campaigning besieged by assassinations and scandals that displayed drug cartels' power. The party that ruled Mexico for 71 years hoped to capitalize on frustrations over the bloodshed and gain momentum in its bid to regain the presidency in two years. The elections for 12 governors, 14 state legislatures and mayors in 15 states are the biggest political challenge yet for the gov-ernment of President Fe-THE ASSOCIATED PRESS

China beefs up

ANNIVERSARY. Teams of police armed with guns and batons patrolled gion of Xiniiang tions put in place ahead of the one-year annivernic violence in decades.

security

streets in the western reyesterday, part of stringent security precausary of China's worst eth-THE ASSOCIATED PRESS

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News in brief

Cyber attacks still unsolved

WASHINGTON. U.S. officials have largely ruled out North Korea as the origin of a computer attack last Iuly that took down U.S. and South Korean government websites, according to cyber security experts.

But authorities are not much closer than they were a year ago to knowing exactly who did it and why. The incidents underscore the increasing threats posed by computer-based attacks, and how they can disrupt service as well as inflame political tensions.

THE ASSOCIATED PRESS

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Apple reveals mistake

Apple Inc. says it's "stunned" to learn iPhones have been using the wrong formula to determine how many bars of signal strength they are getting.

Vale and striking workers reach deal

The end to a long-running and bitter strike in Ontario seems to be in sight as mining giant Vale announced yesterday it had reached a tentative agreement with production and maintenance workers.

The metals miner said the agreement involves a new five-year contract with United Steel Workers Locals 6500 and 6200, representing production and maintenance employees in Sudbury and Port Colborne.

THE CANADIAN PRESS



"The impasse ... was not acceptable to the communities involved or the government."

LABOUR MINISTER PETER FONSECA









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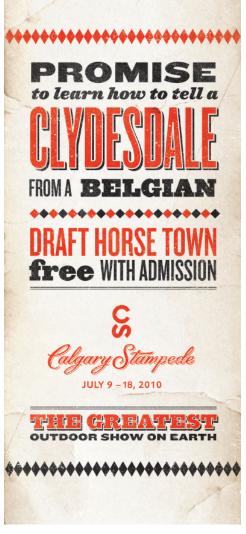
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'That you may know that you have eternal life.' 1 John 5:13



CITY HALL NEEDS STRENGTH OF SANDRA

Urban Compass

JANICE PASKEY



If only Sandra Bullock were mayor of Calgary.

er divorce last week from bike dude Jesse James shows decisive action, based on principle. Sure, it would have been easy to go through the gymnastics of couples therapy. Pray, cajole, bury your pride — hope for change from the barnyard dog.

But the actress cut the marriage loose. She knew priorities. And this is something sorely lacking at city council. Bullock shows a nice aptitude to reassess after something thought hot — was just not.

So as summer flows in ... Bullock veto action is needed for the following:

Cease the Calatrava Bridge to nowhere and divert \$25 million to repair and extend our bike paths.

Bring in fired city auditor Tracy McTaggart to teach life

lessons at the city hall school for kids. Eliminate single-source contracting.

Send dry cleaning bills and golf lessons charged to taxpayers back to aldermen.

Keep chickens out of our backyards. Stop ticketing cyclists (c'mon!).

Restrict the hordes of bylaw officers on Sandy Beach in

"Bring in

fired city

auditor Tracy McTaggart

to teach life

lessons at the city hall

school for

kids."

Outlaw libraries with neon signs.

Remove 311 as the shield for every inquiry to city hall. Make all city staff job titles and phone numbers public. Build a new line of the LRT to the northeast, the fastest growing quadrant in Calgary.

Close down Memorial Sunday mornings for a true street arty through all quadrants. Replicate party on Stony Trail. Commission a public panel: Why are no women running for mayor in this city?

Extend the hours of the city's free summer playgrounds so working parents can use them.

Make community association finances public.

Rebuild the bike pathway to the Calgary airport after the new runway is installed.

Give fines from speed cameras to the communities that live with the speeding.
Publish the voting records of city aldermen in plain lan-

guage on the city website — in a large font size.

Make parking free every Sunday in the summer.

Make it free to get married on city hall steps Keep our foreign workers recruited during the boom. Follow the science on pesticides.

Promote water conservation.

Recognize all the social work done by faith-based groups.

Cartoon

IF YOU CLAIM ME AS A DEPENDENT WE MAY QUALIFY FOR AN HST REBATE.



Noteworthy

No recall needed: Hair in jam planned

The Royal hair? Jam made from one of Princess Diana's hairs has been selling strong at an art exhibition

speck of the late Princess of speck of the late Princess of Wales' hair has been infused with gin, then combined with milk and sugar to make the preserve, which tastes like condensed milk. Bompas said he bought the hair off eBay for \$10 from a U.S. dealer who collects celebrity hair.

CALGARY: Publisher Steve Shrout, Managing Editor Darren Krause. Advertising Sales Manager Chris Mackie. Distribution Manager Dave Mak

METRO CANADA: Group Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, Associate Managing Editor Tarin Elbert. Scene/Life Editor Dean Lisk, Asst Managing Editor Amber Shortt, Art Director Laila Hakim, Nat'l Sales Director Peter Bartrem, Interactive/Marketing Director Jodi Brown

Enjoy home ownership

Letters **Tweets**

TORONTO. I would like to take this opportunity to clarify some information related to David Descôteaux's article on Ju-

The actual amount of mortgages currently insured by CMHC is approximately \$480 billion, well below the approved limit. CMHC manages its mortgage insurance business at no cost to Canadian taxpayers, through sound business practices that ensure commercial viability without having to rely on the Government of Canada for support, even in less favourable economic times. Canada's prudent

Managing mortgages



lending and mortgage insurance practices have allowed Canadians to continue to enjoy the benefits of home ownership. KAREN KINSLEY, PRESIDENT AND CEO, CANADA MORTGAGE AND HOUSING CORPORATION

EDMONTON. While on the LRT last week, I realized the Metro I had picked up

Sifting through I discovered a brand new layout that was intriguing and creative. What I can say initially is that it seemed there was a whole lot more — all the different font sizes and coloured columns seemed to multiply the amount of news inside.

I really enjoy it. GARY HUITSING

Who is your choice to win the World Cup? **Email** calgaryletters @metronews.ca Twitter **A**metrocalgary

Metro has the right to edit letters and submissions

Metro Minute at Five Hole for Food

Put your World Cup fever on hold and play our favourite national sport for a good cause.

Head down to Eau Clare Market for Five Hole for Food, which is a cross-Canada road hockey tournament raising funds for local food banks. Calgary bloggers and Tweeps will challenge the Five Hole team in a friendly game.

Expect cameos from some of the Calgary Flames and Calgary Hitmen along with a few surprise guests and plenty of

Join players and spectators for a post-game recap and cold one (or two) at Boston Pizza on 17 Avenue SW. The ball drops at 4

METRO CALGARY





Shyamalan seeking his own Harry Potter

- The Sixth Sense director hopes he's on the cusp of a hit franchise with The Last Airbender
- Fantasy picks up second spot at the weekend box office with \$40.65 million in sales



With The Last Airbender, M. Night Shyamalan challenged himself not with devising the original twist endings his movies have become synonymous with. Instead, this test required realistically animating the elements — fire, water, earth and air.

"I was most apprehensive about fire because I've never seen fire look good on film," said the Oscarnominated filmmaker in New York. "But it turned out water was the most difficult. It's very labour intensive, each use of it is so specific and different and so scrutinized."

And scrutiny is something Shyamalan is familiar with. After becoming Hollywood's golden boy manufacturing mindbenders like The Sixth Sense and Signs, Shyamalan's latest films (Lady in the Water, The Happening) were mostly roasted by the critics.

By turning his attention to proven source material — the animated TV series Avatar: The Last Airbender



— Shyamalan is hoping he's on the cusp of a hit franchise.

"What was great was that I (discovered) it before anyone knew about it," admitted Shyamalan of the cult show he latched onto three years ago.

three years ago.
"I'd tell my agent, 'I keep making my thrillers and I love those but if I'm ever going to do anything,

Hit and miss

The Sixth Sense (1999) Nominated for six Oscars, this thriller is considered one of the best American films ever made.

I want you to find me Harry Potter before its Harry Potter. Or find me The

Lady in the Water (2006) A major box-office

stumble, critic Lisa Schwarzbaum called this "Shyamalan's most alienating and self-absorbed project to date."

DaVinci Code or Jurassic Park before it becomes a (blockbuster franchise) so I can become a part of its genesis and incorporate myself into it."

Whether The Last Airbender will spawn sequels still remains to be seen but weekend box-office numbers bode well for Shyamalan. Airbender finished second behind The Twilight Saga: Eclipse with nearly \$41 million in tickets sales

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etro.com



Quileute Nation revels in Twilight Saga spotlight

The leader of the Quileute Nation in northwest Washington first began hearing her tribe had a role in a popular series called the Twilight Saga from fans clamouring to know more about the place where a vampire tale of teenage love unfolds.

"The interest in our tribe was a surprise, a good surprise," tribal chairwoman Anna Rose Counsell-Geyer said.

"I thought to myself, people are going to actually get to know the Quileute and we are going to be recognized as a people. The real Quileute."

That was a couple of years ago. With Eclipse, the series' third movie in theatres now, the 750-member Quileute Nation is reveling

"The interest in our tribe was a surprise, a good surprise."

ANNA ROSE COUNSELL-GEYER

in the Twilight spotlight, attempting to capitalize on the blockbuster's massive financial pull and welcoming new interest in the tribe's culture.

At their Oceanside Resort, the tribe is opening a cabin decorated in a wolf theme, a shout out to Jacob Black and the Quileute's own origin story, which begins with a transformation from wolves to people.

At a Quileute store in the reservation town of La Push, handmade beanie hats with "Jacob" stitched

on them sell for nearly \$35. There's also a Jacob's Java espresso stand. "This is historical. This is going to be imprinted on people's lives for generations to come," Counsell-Geyer said.

The Quileute's homeland — the place where they have lived and hunted for centuries — serves as the backdrop to author Stephenie Meyer's saga, with the stunning imagery of rocks and cliffs rising along the Pacific Ocean.

In the movies and books, the tribe's folklore is meshed into the role of the Wolf Pack, a group of young Quileute men who shapeshift into wolves. Jacob and other Wolf Pack members guard the reservation from vampires.

THE ASSOCIATED PRESS

News in brief

Grammers split up

DIVORCE Kelsey
Grammer and his wife
are divorcing after nearly 13 years of marriage.
Court records show
Camille Grammer filed
for divorce from the
Cheers and Frasier star
Thursday in Los
Angeles.
THE ASSOCIATED PRESS

Polanski decision soon

LEGAL Swiss officials say they will decide soon whether to extradite Roman Polanski to the U.S. THE ASSOCIATED PRESS

Wonder Woman gets a new look

New "hipster" less-partriotic clothes blasted by some, loved by others
 69-year-old character gets also gets a new back story to revive franchise

She's been ruined! Covered up! De-patriotized! You call that chic?

Wonder Woman's new wardrobe change — goodbye, star-spangled hot pants! — is a generational twist that has comic fans searching for meaning, and DC Comics searching for higher sales.

The change came this week, when the publisher put out its 600th issue in the 69-year-old Wonder Woman saga. It not only updates the look of this beautiful Amazon with the superhuman strength, the indestructible bracelets and the magic lasso — it changes her back story, too.

What's really gotten some purists going is the costume.

Gone

the ample red bustier, starflecked hot pants and red knee-high boots, a 1940spinup look that Lynda Carter brought to life in

the 1970s TV series.

Now, Wonder Woman, aka Diana Prince, wears black leggings or tights. She sports a motorcycle jacket and little bootie-like shoes. Her tiara is there, but mostly covered by her flowing hair. She looks less like Wonder Woman and more like a modern-day urban hipster. Whatever the reasoning for the change, complaints have been coming fast and furious.

"She's gone from Paris to Poughkeepsie," noted fashion publicist and MTV reality show habitue Kelly Cutrone. "She's a superThis is NOT a good fashion look."

Not all fashion followers were dismayed with the new look.

"I'm actually not a comic fan, but I have to say the new outfit is pretty fabulous," said Jimmy Contreras, a boutique owner in Philadelphia.

Feminist author and icon Gloria Steinem, who embraced Wonder Woman as a role model, isn't too upset with the clothes. It's the story change she really dislikes. Before, Wonder Woman had been raised on an island by her Amazon mother and sisters. Now, that island was destroyed when she was a baby, and she was shepherded off, to be raised elsewhere.

Story change

Why make big story changes and introduce a new look for Wonder Woman?

DC Comics is clearly hoping the new Wonder Woman will bring in a whole new audience. The company won't give out sales figures, but DC Comics co-publisher DiDio acknowledged that Wonder Woman, despite her place in the "triumvirate" of most important comic superheros along with Superman and Batman, sells less than those two.

 "We're really hoping to grow our fan base, and really re-establish her as one of the premier







Timberlake creating scents

Popstar Justin Timberlake launched the female version of Givenchy's perfume Play in Paris. Metro talked to him.

What is a popstar from Memphis doing pushing perfume in Paris?

I'm a creative person. I like to develop other senses than my ears.

And to earn money?

I don't have to do this for the money and I'm not interested in being the face of a brand. I just think it's fun to learn how to bring a perfume to the market. And Givenchy is a legendary name for me, because my mother admired Audrey Hepburn, the muse of the brand, very much.

You have two versions of Play for her. Why?

Because women, just like men, have different moods. At times, they can be beasts and then they want a spicy, bestial scent. At other times, women are more relaxed and they would like "I always make sure that I'm surrounded by friends I have known since before I got famous."

to have a lighter, more floral perfume.

Recently, you made the video for Life Without You with Holland's Esmee Denters. What do you think of her? Esmee is a true talent and yeary finnny, and yeary

Esmee is a true talent and very funny, and very soulful. She's still very young, but she's like me in my younger days, enterprising and not afraid. I like that. Her voice is very American, but her character is very European.

What do you mean, European? Europeans don't have an attitude. You are very well able to separate work from your private life. You have to be able to do that, otherwise you'll go mad.

Are you good at it?



I try to. I always make sure that I'm surrounded by friends I have known since before I got famous. That's how you remain level-headed. And my mother is a very common sense person.

She must be very proud.

Yes. Especially, because I got over my timidity. My mother said that until I was eight-years-old I only knew what my sneakers looked like. I always walked around with my head down. But when I discovered the stage at school, a monster came out.

And now you've sold 17 million records, have your own clothing line William Rast and your perfumes. Are you satis-

It can always get better. And then I don't mean that I want to make more profit. I like to work with people who are passionate about their business. It's not easy being Justin Timberlake, with all the attention, but I feel privileged.

You are working on a comedy with you ex-girlfriend Cameron Diaz. Doesn't Jessica Mind?

What can I say? Cameron and I share the same sense of humour and I enjoy working with her. With Jessica I share other things.

METRO WORLD NEWS

TV watch list

White is Hot in Cleveland

comedy Betty White's new comedy series, Hot in Cleveland, arrives in Canada tonight. The 88-year-old plays the fiery caretaker of a house that's rented out by three best friends from Los Angeles who decide to stay in Cleveland after their Paris-bound plane makes an unexpected landing there. (CCTV)

40 years later

DOC. Canadian filmmaker Sarah Polley narrates 40-Year Secret on The Passionate Eye. Featured is an Ontario couple who gave up their baby for adoption. Four decades later, they rekindle their romance and search for their child. (CBC News)

CONSPIRACY CHARGE

ADDED TO BURGLARY CASE

Woody plays with Paris crowd

Woody Allen joked with the Paris moviegoing public that consequences would be dire if they didn't like his new film.

"If you hate this film, I'm going to start a new film," said Allen, whose new film includes an appearance by French first lady Carla Bruni-Sarkozy.

"If you hate both (movies), I'm going to kill myself," he wisecracked. THE ASSOCIATED PRESS

Five people accused of

homes now face conspir-

acy charges after a grand

jury issued an indict-

ment against the group.

The indictment, unsealed Friday, details the

research and planning that went into the break-

ins at the homes of stars

such as Paris Hilton, Lindsay Lohan, Orlando

burgling

celebrities'

BEP's new video to be in 3-D

Will.i.am has a feeling that Canadian director James Cameron's next project will involve the Black Eyed Peas.

In an interview with hip-hop magazine Vibe, Will.i.am said Cameron is onboard to helm a 3D concert film about the poprap outfit.

"We have the biggest director because we are the biggest group on the planet." THE ASSOCIATED PRESS

Bloom and Megan Fox.

In the case of the

break-in at Hilton's

home, the indictment al-

leges group members prepared detailed floor

plans, including the placement of security cameras and where the

heiress stashed a key. The group may go on tri-

al by November.

THE ASSOCIATED PRESS

McCormack returns to roots

Canadian actor will step on to a Vancouver stage later this month
 Former Will and Grace star excited to return to his first love

It'll be a reunion of sorts for TV star Eric McCormack when he returns north of the border to take the lead in the theatre staple Glengarry Glen Ross in Vancouver later this month

The former Will & Grace star says he'll be among pals when he stars in the classic David Mamet tale about cut-throat real estate agents at the Arts Club Theatre.

"It's been a long time gestating, (and) the cast, we're all old friends," the L.A.-based McCormack said. "Bart Anderson and I went to theatre school together, Gerry Plunkett, his wife and I went to theatre school together, my friend Vince Gale, we did Dracula at the Arts Club 16 years ago. These guys have known each other a long

"I wanted to be Maxwell Smart and I wanted to be on the Stratford stage... I wanted it all."

ERIC MCCORMACK

time, we are ready to play these parts and I can't wait to sink my teeth in it."

It'll also be a return to his first love, the stage. Mc-Cormack cut his teeth in musical theatre, and describes his high school self as akin to the fictional singing-obsessed teens on the TV show, Glee.

Since then, he's weath-

Since then, he's weathered ups and downs in his acting career, but revels in the fact he's been able to dabble in each of the diverse fields he once envisioned for himself as a starry-eyed kid.

▶ McCormack it's now easier for expat stars to work in their homeland.

"My dreams were always scattered," says Mc-Cormack.

"I wanted to be Maxwell Smart and I wanted to be on the Stratford stage and I wanted it all. Eventually I wanted a sitcom and so to be able to keep playing in all those ballparks is pretty fun"

Funny or die

McCormack is working on a range of other projects

 Online: An outrageous Funny Or Die skit is making the rounds, in which McCormack plays a sex-ed teacher out to warn high school teens about "finger pables"







DRAMA. SUSPENSE. COMEDY.

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Paris' pal takes rap for pot bust

• Heiress and former Playboy playmate arrested during World Cup soccer match in South Africa Dust a 'misunderstanding' Hilton's publicist claims

some of the spotlight from the World Cup after she was arrested on suspicion of possession of marijuana, then had the case dropped at a midnight court hear-

Hilton appeared in a FI-FA World Cup courtroom after being arrested during the second half of a quarterfinal match between Brazil and the Netherlands, won 2-1 by the Dutch, at Nelson Mandela Bay Stadium in Port Elizabeth on Friday.

The authorities dropped the charges against Hilton, after her co-accused and a former Playboy playmate of month, Jennifer the Rovero, "acknowledged to be in possession of cannabis, and pleaded guilty," said Brig. Sally De Beer, a spokeswoman for South African police. She was sentenced to a fine of 1,000 rand (\$130) or 30 days imprisonment. A publicist for Hilton said the incident was a "misunderstanding." THE ASSOCIATED PRESS



Etheridge seeks joint custodv

Melissa Etheridge has filed papers to officially dissolve her domestic partnership with Tammy Lynn Michaels, according Hollyscoop. The singer announced in April that were splitting up. According to the filing, Etheridge is seeking joint custody of the couple's 3-year-old twins. METRO NEWS SERVICES

Lohan gets a punch for her bday

Lindsay Lohan's birthday celebrations got off to a rocky start when she was punched in the face by a waitress at a Hollywood nightclub. "A waitress just hit me," she posted on Twitter. "Punched me for no reason." The waitress in question, Jasmine Waltz, claims she's innocent METRO NEWS SERVICES

Celebrity tweets



ellen [@ianmackellen188] | asked all I

Ian MacK-

met at WETA when "The Hobbit" starts shooting. Reply? "You tell us."



Amanda Bynes [Áchicky] I'm thankful I'm not a

man. I love men and I feel for them since it seems like a



Jeremy Piven [@jeremypat a coffee

shop an order a "caramel drink with no coffee, sugar free without dairy and cold without ice" it's a problem.



Lindsay Lohan [Alindsaylohanl Just saw Ellen Page in

a mini coop... She's so pret-

Stewart not big on being famous

Kristen Stewart admits that the fame she's gained from her work in the Twilight movies can be a bit much sometimes.

"I don't feel very comfortable on the red car-pet," she tells Hello magazine. "I look out there at a thousand people and I realize they could rush me and assassi-

"... they're fans, but I think about them turning on me." KRISTEN STEWART

nate me. No security could protect me. Ostensibly they're fans, but I think about them turning on me "

METRO NEWS SERVICES

Osmond worrying family



Still reeling from her son's suicide earlier this year, Marie

Osmond's family is reportedly considering sending her to a psychiatric hospital, according to the National Enquirer.

METRO NEWS SERVICES

Girls Gone Wild creator gets engaged

Girls Gone Wild impresario Joe Francis is settling down, having proposed to entertainment reporter Christina McLarty while vacationing in St. Tropez, according to Page Six. But the couple won't be having a traditional marriage to protest that gays cannot legally marry METRO NEWS SERVICES





THE STUNNING NEW ALBUM FROM MULTIPLE GRAMMY-WINNING ARTIST AND MUSICAL PIONEER HERBIE HANCOCK

10 incredible tracks and International SEAL, JOHN LEGEND, SUSAN TEDESCHI, LOS LOBOS, K'NAAN, superstar collaborations featuring WAYNE SHORTER, ANOUSKA SHANKAR and many more



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Failing to conceive? Don't blame woman

- One in seven couples have trouble conceiving, half of them because of faulty sperm.
- Now doctors have even developed an at-home sperm test kit.











ELISABETH

couples who can't conceive because of the husband's poor sperm. "Couples come into my office and think the prob-lem is the woman's fallopian tubes, but when I examine them I often dis-

cover that the man's sperm is as bad as the woman's tubes", says Op-"Forty per cent of infer-

tility cases can be attrib-uted to men. I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity."

Some five per cent of men have such poor sperm that they require medical help. A typical man has 20-100 million sperm per milliliter of semen, but men with fewer than five million sperms per milliliter have poor chances of conceiving. Conception is also affected if the sperms



swim slowly or are of poor quality.

"But in 90 per cent of the cases, the problem is low sperm count", explains Professor John Herr, director of the Center of Contraceptive and Reproductive Health at the University of Virginia.

"If a man has less than five million sperms per milliliter, it affects his ability to conceive."

Many different factors are to blame: extreme sports, hot baths and saunas, radiation, toxins, and alcohol. "Alcoholics can have babies, too," notes Opsahl. "But alcohol kills sperm. I've had several couples where the gave up alcohol and his wife promptly got pregnant."

Because sperm wander down to the testicles, where they're more exposed to the temperature outside the body, even changing underwear can make a man more fertile.

Men wishing for babies should wear boxers in-stead of briefs. While your at it, keep that warm laptop off your lap.

Men whose sperm fails to fertilize their wives' eggs are initially recommended to change their lifestyles.

If they still don't conceive, doctors can harvest their sperm and artificially inseminate an egg.

"When it comes to conceiving, medical technology is men's friend," says Opsahl. "I always tell men that poor-quality sperm has nothing to do with their sexuality. The only men we can't help are the ones who have no sperm at all.

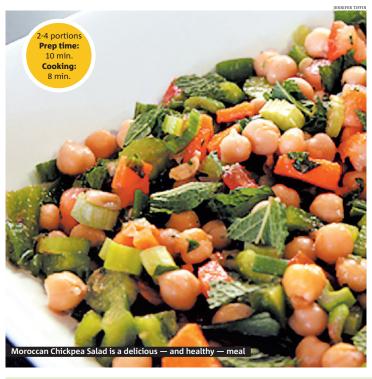
Still, having a doctor examine one's sperm can be humiliating. That's why Herr's team has developed a sperm test, called Sperm-Check, that allows couples to check the man's sperm on their own. SpermCheck functions the same way as a home-pregnancy test. It recognizes protein that's part of the sperm-head but doesn't exist anywhere else in the body.

Using SpermCheck, couples can find out whether the man reaches thresholds of five million and 20 million sperms per milli-

"Now couples can test their fertility in the priva-cy of their homes," ex-plains Herr. "And remember that in many countries infertility is a cause for divorce. This test can lead to greater gender around world.'

metr@food metronews.ca

Moroccan Chickpea Salad



Easy to make healthy treatWorks well with a filling soup

Ingredients:

- 1 stalk celery, diced
- 1 green pepper, diced
- 1 med. tomato, diced
- 1 med. onion or 6 green onions, diced
- 1 can chickpeas, drained (19oz)
- 1/2 cup feta cheese

Dressing:

- 2 tbsp olive oil
- 3 tbsp red wine vinegar
- 2 tbsp fresh lemon juice (about 1/2 lemon)
- 1 tbsp fresh parsley
- 1 tsp fresh mint
- 1 tbsp & 1 tsp dried ground cumin
- salt & pepper to taste

Preparation:

- Toss diced vegetables & drained chickpeas.
- 2 Stir dressing ingredients together. (Dressing will look thick and "muddy").
- Pour over veggies and toss.

Serve this recipe with a delicious, filling soup, like our Or-

CONTRIBUTED BY STEPHANIE EIN



For more info: 20minutesupperclub.com/metro

zo Soup with Harissa and Chicken. Harissa is an incredible North African spice mixture that packs a lot of punch.

Superfood: Chai Seed

The tiny Chia seeds contain vital anti oxidants and have been shown to improve overall endurance and stamina levels making them the perfect snack when working out. When the seed is placed in water, the shell opens up and can absord up to nine times its volume in water, making them a great source of internal hydration. The carbohydrates in the

The carbohydrates in the seed are released slowly, giving people the sensation of being fuller for longer, a great trick for people trying to control their weight.

The equivalent of one tablespoon of chia seeds was believed to sustain an Aztec warrior for an entire day.

O ROMINA MCGUINNESS/ METRO WORLD NEWS

No eating, no problem for Ebert the cook

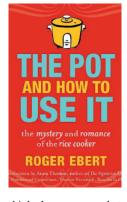
Movie critic writes cookbook despite not being able to eat anymore ● 68-year-old a big fan of rice cookers

Cancer may have robbed Roger Ebert of the ability to eat, but it won't stop him from dishing out cooking advice.

Four years after cancer surgery left the famed film critic unable to speak or eat, Ebert is publishing a cookbook dedicated to rice cookers, a kitchen appliance he lovingly calls The Pot and champions as an answer for those strapped for cash, time and counter space.

"To be sure, health problems have prevented me from eating." Ebert writes in the book. "That did not discourage my cooking. It became an exercise more pure, freed of biological compulsion."

The idea for the book came after a 2008 blog post he wrote about rice cookers prompted hundreds of comments, with many readers including their favourite recipes. "I



think I was somewhat frustrated by not being able to eat and I wanted to live vicariously." the 68-year-old said during an interview at his Chicago home, his laptop computer speaking his typed answers.

The book includes many of those comments, as well as more than two

dozen recipes for dishes such as chili, risotto, jambalaya and oatmeal — Ebert's favourite. He took a witty and funny tone when writing it; he says he didn't want it to sound too specialized or difficult.

"The basic recipe is: throw everything in the pot and slam on the lid," said Ebert, who has battled cancer in his thyroid and salivary gland over the last eight years. He now uses a feeding tube for nourishment. His book, The Pot and How to Use It. The Mystery and Romance of the Rice Cooker, will be released Sept. 21.

Ebert even says in his book that he wrote it "simply to establish that I enjoy cooking."

enjoy cooking."
Ebert explains it more simply saying the reason he cooks: "Satisfaction."
THE ASSOCIATED PRESS

WC



BELGO

Fishing for today, to fish for tomorrow



In 1997, WWF and Unilever realized the need for an eco-label and international certification of sustainable seafood. They teamed up to create the Marine Stewardship Council (MSC) which offers an accreditation scheme for fisheries world-

Those who pass get to stick the MSC logo on their products, which tells the customer this is sustainable seafood. Over the last three and a half years the number of fisheries entering the program has doubled every

"Fisheries are starting to see this as something that's really useful. For those who are sustainable to start with it's a great way of demonstrating that to the world,"



says James Simpson, who works for MSC in London.

Changing to sustainable practices is not fishing cheap.

"In the short-term it is obviously more profitable to just fish unsustainably and catch everything and not care about by-catches. but that is not a long-term

and sustainable way forward for the industry," says Simpson.

But there are several charitable trusts which are prepared to sponsor an assessment for sustainable fishing. If you can't find the MSC-logo, you can always ask your store.

"Asking makes a huge

difference. As soon as the customers start asking for sustainable seafood they'll start asking their suppliers," says Simpson.

Without it, the UN esti-mates that 40 million tonnes of food will be required from fish farms by 2030 to feed the world's population.

Queen of Greer

LINDSAY COULTER

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FIRM ANSWERS TO PLASTIC PROBLEMS

QUESTION: I'd like to know if plastics are safe to microwave and if so, how can I tell? Justine from Vancouver, B.C.

he answer is simple: Do not microwave plastic containers or plastic wrap, ever. Heating up plastics can cause phthalates (a toxic petroleum derivative) to

leach into your food. Instead, reheat last night's dinner in glass or ceramic dishes Safely cover food with a plate or lid to avoid polyvinyl chloride (PVC) plastic wrap and to prevent a

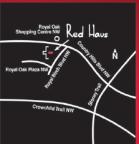
mess in the microwave. Also, check for cracks and scratches. Damage like this will ruin leftovers because toxic chemicals can leach out. A plastic diet will help you reduce your exposure to toxins and lighten your environmental footprint.



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MONDAY, JULY 5, 2010

○ Want to cope with stress at work? One author suggests you start yelling at a toaster or potted plant **○** Despite the unorthodox approach, one psycologist agrees with this stress-buster



Go ahead, **Gripe**, as long as you're alone



Badgering bosses, challenging colleagues and provoking partners. Everyone has stress and we all need to get it out some-

Most people tend to gripe away at a buddy or loved one but, as counsellor and researcher Karla McLaren reveals in her latest CD/book, The Language of Emotions — What Your Feelings Are Trying To Tell You, people aren't always the best sounding board for our woes.

"Very few people have the time or energy to support us through our truly difficult emotions," she says. "If we start complaining to them, they'll try to stop us or fix the problem before we really know what the problem is."

McLaren has devised a

"Griping should not be the only strategy for dealing with stress. It supports passivity and chronic dissatisfaction ... take action to improve (via) meditation, relaxation and exercise." ROSS GRAY, PSYCHOLOGIST

privately cathartic practice she calls "conscious complaining," where you select an inanimate object and unload — like a wall or toaster.

Meditation



Finding personal peace is great but a lot of us just don't have the time to sit and meditate until the moment of clarity. That's why mediation specialist Sheevaun Moran has created her own series schedule-sensitive processes for emotional betterment.

- Titles such as Clutter No More, Living Wealthy Prosperous and Ultimate Peace and Relaxation Meditation are directed at a variety of needs, goals and stress levels all without hampering our already-taxed lives.
- "Learning to juggle the day-to-day stress of work, kids and relationships often means relaxation takes a back seat," she notes. "These guided meditations are short, sweet and will teach the seeker the art of relaxation and introspection."
- 6 KEITH CARMAN

While doing so, keep in mind five basic principles: Find a private place, start with an opening statement, let go completely, end with a ritual (bowing, shake it off) — and do it often.

ten.
While many may balk at the idea of carping about caustic customers to a cactus, even revered psychologist Ross Gray notes that conscious complaining is certainly not an unhealthy practice for both grumblers and supporters.

"Griping about work has some pressure-relieving quality and thus has a use — albeit limited — in managing stress. It has a more benign effect if not always directed at helpless loved ones. Similarly disenchanted colleagues make good griping company (while) potted plants hardly ever complain but may not grow as heartily."

8 career tips to become the boss

Tamara Monosoff offers eight tips for becoming your own boss from her book, Your Million Dollar Dream.

Take a stand for yourself. If you are dissatisfied with your current circumstances no one will fix them — except for you. It doesn't do any good to blame the economy, your boss, spouse or family. Change can only occur when you make a conscious decision to make it happen.

2 Take the pressure off yourself. If you know you want to do something new, but don't yet know the "what" or "how" don't expect that you should know what that "thing" is or the steps for getting there.

Figure out the right business for you. What do you already know? What are you passionate about? Give yourself permission to explore.

Adopt a service mindset. Regardless of the type of business you choose, you need to be committed to serving others — customers, clients, employees, community and investors.

Create your plan. As you write down your goals, strategies and action steps



your business becomes real.

6 Build a support network. You've made the internal commitment to your business. Now you need to cultivate a network of supporters, advisors, partners, allies, and vendors.

Get the word out. Be willing to say who you are and what you do with conviction and without apology. Embrace and use the most effective online tools available to broadcast your news.

Take care of yourself. This is an intense process and it takes hard work. Be diligent about scheduling time to destress. Walk, meditate, meet a friend do whatever works best for you.

News in brief

uAlberta, Dal named top places to work

EDUCATION The University of Alberta and Dalhousie University are listed among the top 10 international academic institutions in The Scientist's annual Best Places to Work in Academia rankings and reported by Canwest News Services. uAlberta placed sixth, and Dal ranked 10th, Institutions were ranked based on unweighted average scores for eight categories of statements included in the survey. Categories included Job satisfaction, peers and research resources. METRO NEW SERVICES

More high school grads in Alberta

SCHOOL Alberta's education ministry reports that the province's high school completion rate increased in 2009, rising to 71.5 per cent from 70.8 per cent in 2008.While the education minister says the government is very happy with the direction the graduation rate is going, "It's not good enough, yet." Even with the improvement, Alberta lags behind most other provinces. According to Statistics Canada's most recent figures, 65.6 per cent of Alberta teens graduated on time in 2008, compared to 71 per cent nationally.

METRO NEW SERVICES



Post-grad course on international support coming

Government funding to Canadian aid groups may have taken a hit this past vear, but a new program that will train international aid workers

is getting ready to open its doors to students in September. The International Sup-

port Worker program will begin its inaugural year in the fall at Loyalist College in Belleville, Ont.

The year-long post-graduate program features two months of hands-on experience overseas, first in southern Mexico, then in a developing country

of the student's choice.

"It's a critical examination of international development," co-ordinator Garry Warren said of the curriculum, which focuses on building capacity in others rather than filling positions overseas with

The well-travelled college teacher has been involved in international development for years, taking more than 800 people to Mexico over the past 15 years to expose them to people living in urban and rural

When keen students began lining up their own development jobs after their time in Mexico, Warren began to consider a specific program geared toward international development.

He said the Loyalist offers a very hands-on expe-

"I think there's a real need for it," Warren said. "The plan is that these folks will be really useful for other organizations. THE CANADIAN PRESS

Refining roomie relationships

• While many students may not like their roommates, studies show it's worth it to stick it out • Some students may even be the better for it



BRUCE WALSH METRO WORLD NEWS

College freshmen are often tempted to request roomchanges within weeks of unpacking. But a host of research data suggests that staying the course — barring abusive situations — is likely to have a positive effect on students for years to come.

In a college roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State Univerand Virginia Commonwealth University study showed that mixedrace roommate situations resulted in better grades for African-Americans.

Moreover, a recent study found that most roommate situations get better, not worse, over a 10-week period. That same study presented evidence that a willingness to reveal weakness is a key factor in a good roommate relationship. Admitting to fears and shortcomings can create a healthy bond, even between extremely different personalities.

"Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counsellor. "We are all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

And that can begin — at least in small doses - on-

The expert's take

"I encourage students not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on

more productive - is to bring up the issue in a positive, 'I'-oriented way. Instead of saying, 'Your behaviour is bothering me, and you need to change. say, 'I'm having a problem, and I would really appreciate your help in solving it." ROBERT DONLEY COLLEGE

is best for you to negotiate through the actual problem on your own."





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COLUMBIA





'Satisfaction' for Nadal after win

Nadal defeats Berdych to win second Wimbledon trophy

Rafael Nadal looked like a guy who absolutely could-n't wait to get out there, clutching his racket and hopping in place near the entrance to Centre Court before the Wimbledon fi-

He jiggled his left leg, unable to sit still on the sideline. He even bopped around during the prematch coin toss.

When it was finally time to start warming up, he zigzagged to the baseline in a full sprint. And when it ended, Nadal marked his victory with a celebratory somersault.

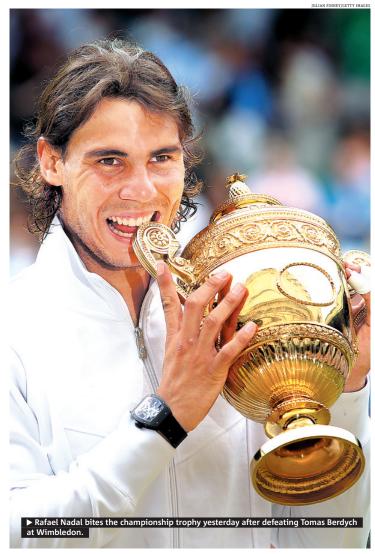
That endless energy, and so many superb strokes, allowed the No. 2-seeded Nadal to outclass No. 12 Tomas Berdych of the Czech Republic 6-3, 7-5, 6-4 yesterday for his second Wimbledon trophy and eighth Grand Slam title overall.

A year ago, sidelined by painful knees, 2008 Wimbledon champion Nadal was planted on his couch at home in Spain and watched the final on television, only the fifth man in the history of a tournament that dates to 1877 who couldn't defend his championship because of injury.

"It was probably one of the toughest moments in my career," Nadal said. "To return and win again here represents such personal satisfaction — everything I did to be here, all the work I put in to get back."

What a journey, too. His 31-match French Open winning streak ended, he missed Wimbledon, went more than eight months without a title anywhere, lost the No. 1 ranking, and, hardest of all, dealt with

his parents' separation.
"Not easy," he said.
THE ASSOCIATED PRESS

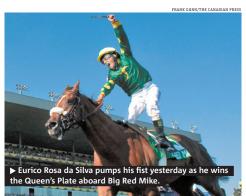


What a year

There is little doubt Rafael Nadal is the best player in tennis today.

- As of yesterday, Nadal is 47-5 with five titles in 2010, both tour highs.
- He won 24 matches in a row in one stretch, regained his Roland Garros title and the No. 1 ranking last month, and managed the tricky transition to
- grass from clay by winning the French Open and Wimbledon in the same year for the second time
- "He's showing in the last few months that he's really the champion," said Tomas Berdvch.
- Nadal's eight titles at major tournaments push him past John McEnroe and ties Nadal with quite a heady group that includes Andre Agassi, Jimmy Connors and Ivan Lendl.

Big Red Mike captures Queen's Plate



No matter how many Queen's Plate races Eurico Rosa da Silva wins, the second will likely always be the sweetest.

Rosa da Silva staked Big Red Mike to a wire-to-wire victory in the \$1-million race at Woodbine Racetrack yesterday. Included in the crowd of between 25,000 and 30,000 on the hot, breezy summer afternoon was the Queen, who made her fourth appearance at the Toronto track. but first since 1997. She presented the race trophy to Rosa da Silva and Big Red Mike's connections in the winner's circle.
"I just told her I am so

happy to see her, to meet her," Rosa da Silva said. "It

was a great feeling.
"Winning the Queen's
Plate is great, but doing it with the Queen here is so special. Very, very special

Rosa da Silva claimed North America's longest continuously run stakes event for the second year in a row after winning the 2009 edition aboard Eye of the Leopard.

THE CANADIAN PRESS

Sports in

Petacchi wins **Tour's 1st stage**

CYCLING. Alessandro Petacchi of Italy won yesterday's crash-marred first stage of the Tour de France, with top sprint rivals and overall contenders such as Lance Armstrong delayed by the spills. Three crashes tangled up riders in the last few kilometres including a big crash within the last half-mile.

THE ASSOCIATED PRESS





- the AT&T National by one
- Brazil coach Dunga and his technical staff
- Joe Johnson agrees to a max contract with the Atlanta Hawks, his agent says



Scan code for sports news

Sports in brief



Ronaldo says he's a father

MADRID. Cristiano Ronaldo has become a father of a baby boy, his website said yesterday, although the mother's identity is being kept a secret. The Real Madrid winger also said he and the mother have agreed Ronaldo will be exclusive guardian.

THE ASSOCIATED PRESS

Is Mandela coming?

JOHANNESBURG. World Cup organizers say they have no news on whether Nelson Mandela will attend next weekend's final at Soccer City. Mandela was prominent at the 1995 Rugby World Cup, but the 91year-old former president has kept a low profile during the soccer equivalent. THE ASSOCIATED PRESS

Kings out of running for Kovalchuk

NHL. Count the Los Angeles Kings out of the Ilya Kovalchuk sweepstakes.

General manager Dean Lombardi said yesterday that the free agent sniper has turned down an offer to join the team.

"We took our best shot to meet his needs and the team's," Lombardi wrote.

The New York Islanders have also been rumoured to be courting Kovalchuk, who scored 41 goals and added 44 assists last season with New Jersey and Atlanta. THE CANADIAN PRESS

Germany enters final four as clear favourite

► A World Cup final featuring high-scoring Germany and well-organized Netherlands appears most likely ► Uruguay represents last hope for South America to win 10th title

Germany is the team to beat as the World Cup comes down to four contenders, with Spain, the Netherlands and Uruguay looking for a way to beat a powerful squad that has peaked at the right time.

With 13 goals in five games, Germany has sent home Argentina and England with ease, scoring four times in each of those wins. The other semifinalists have been less impressive.

Uruguay meets the Netherlands tomorrow and European champion Spain faces three-time World Cup winner Germany Wednesday for places in the final

Germany outplayed Argentina 4-0 in Cape Town on Saturday with Miroslav Klose scoring twice to take his total from three World Cups to 14 goals. He has two more games to beat the career record of 15 by Brazil's Ronaldo.

The Germans, who have not won the title since 1990, also got four goals against Australia and England.

They are looking ominously good.

Spain, by contrast, has stumbled on its way to the final four, edging Paraguay 1-0 in the quarter-final Saturday after both teams 13-2

Germany has outscored opponents 13-2, eliminating England and Argentina in its last two matches by a combined 8-1.

missed penalty kicks in the second half.

The Dutch take on Uruguay in Cape Town in what will feel like a home game.

On top of the 5,000 or so Dutch fans who have travelled to the World Cup, there are 20,000 compatriots who have settled in the coastal city over the years. Both teams will be with-

out two players because of suspensions.

The Dutch won't have midfielder Nigel de Jong and defender Gregory van der Wiel because they received two yellow cards in the tournament. The same applies to Uruguay defender Jorge Fucile.

Striker Luis Suarez, who has been one of the tournament's stars, is banned for a straight red card for deliberately blocking the ball with his hands on his goalline in the final minute of extra time against Ghana. THE ASSOCIATED PRESS





Trio of Jays named to Classic

Canadian slugger Justin Morneau is the American League's starting first baseman and he will be joined in the all-star game by three members of the Toronto Blue Jays. The Minnesota Twins

The Minnesota Twins star from New Westminster, B.C., won a tight fan vote over Miguel Cabrera of the Tigers and Mark Teixeira of the Yankees, earning his first starting nod in four selections to the July 13 Midsummer Classic in Anaheim, Calif.

No other Canadians were named to the rosters

announced yesterday — Cincinnati Reds first baseman Joey Votto of Toronto is one of five National League nominees in the fan vote for the final roster spot — but outfielders Vernon Wells and Jose Bautista plus catcher John Buck will represent the Blue Jays.

Wells will be making

Wells will be making his third trip to the all-star game while Bautista and Buck were both chosen for the first time.

AL MVP catcher Joe Mauer was the fans' top choice. THE CANADIAN PRESS



15

24

28

41

47

32

38 39

Crossword

- Across
 1 Basin accessory 5 Greek cross 8 Foretell 12 Store VIPs 14 Satan's specialty
- 15 Internet ID 16 Word with pool
- 17 Corn spike
- 18 Husband-to-be 20 Tall marsh bird
- 23 Boring 24 Small horse
- 25 Fix the bound-
- aries of
- 28 Toss in 29 Country estate
- 30 Poorly lit 32 TV oldie about the Carringtons
- 34 Relinauish 35 Bygone Peruvian 36 Says grace, e.g.
- 37 South China Sea sultanate 40 Abu Dhabi's land
- (Abbr.) 41 Mysterious let-
- 42 15-Across partner 47 Came down
- 48 Paid attention 49 Alluring
- 50 Blunder 51 Went away

Down

- 1 Ostrich's cousin 2 Existed
- 3 Away from WSW 4 Seldom
- 5 Rip
- 6 Branch 7 So as to have a
- purpose 8 Soothe
- 9 Microwave, e.g.

- 49 10 Platter 11 Otherwise
- 13 Summertime pest 19 Pelvic bones
- 20 Resort 21 Mary who mar-
- ried Abe 22 Race place 23 Rivermouth de-
- posit 25 Follower
- 26 Thought 27 Spruced up 29 Barn-roof
- adorner
- 31 French posses-

13

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➤ Yesterday's answer

45

31

18 19

23

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42

48

50

- 33 Octogenarian's next milestone 34 Form of
- embroidery 36 History 37 Lingerie items
- 38 Legislation
- 39 Alternative to Windows
- 40 Cold War nation (Abbr.) 43 Melody
- 44 Single 45 Ump
- 46 Banned bug
- spray

Sudoku

4		2				5		8
	7	9	5		8	6	2	
6								1
			8		6			
	2			3			6	
			9		2			
5								6
	3	6	7		5	1	4	
9		1				8		7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

A look at the weather

TUESDAY

Max 23°

Min 9

1 8 7 3 2 9 6 5 6 9 4 5 1 2 8 7 5 2 9 8 6 1 3 2 7 8 6 4 3 5 5 1 7 4 3 3 2 9 7 4 6 8 5 7 4 2 9 8 6 1 3 6 1 7 5 4 9 8 8 9 1 6 4 3 5 7 2

WEDNESDAY

Min 10° Max 24°

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Ann, you are the best! BARRY WOOD

Y.E. have been fallen in luv wit u for over 400days! i luv u so much

Anthony, I'm blessed to be in love with my best friend. Be mine forever?

I love baby. Happy 3rd Anniversary!!!! YESE MIRA

Every night with you is like the first night over again,you are a incredible DJ babe, Happy Belated 1 GEEK

You know I love and adore you booger face :p YOURS TRULY, JESSICA.XOXO

Kiss to super hot guy Farhad G. HOTGIRL

BI

Today's horoscope

T Aries March 21-April 20 If you enjoy what you are doing then other people's opinions are completely irrelevant. You may get some negative comments but you will ignore them all with grand disdain.

¥ Taurus April 23-May 21 You will be concerned with ideas and their practical applications today. However, if you insist that everything is thought out and planned in advance you may lose that spark of originality.

Ⅱ Gemini May 22-June 21

There are so many ways you can change your life for the better but one way in particular will stand out today. If it is something you can do with your friends so much the better.

Gancer June 22-July 22 Don't limit yourself to tried and trusted methods. Make the effort to explore new ways of doing things, especially on the work front

Ω Leo July 23-Aug.23 The most important thing by far right now is that you stay true to your beliefs. Others may try to persuade you that your viewpoint is old-fashioned, and maybe it is, but it works for you and that's the only thing that matters

M Virgo Aug. 24- Sept. 22 According to the planets you have been ignoring certain warning signals and it could have an adverse effect on your earning power. Get your act together before it's too late.

0

For today's crossword answers and for expanded horoscopes, go to metronews.ca

← Libra Sept. 23-Oct. 23 If you don't feel like mixing with other people today, then don't. Even Libra needs some personal time once in a while, so tune out the world and enjoy your own com-

M Scorpio oct. 24-Nov. 22 You can at times find it hard to think outside certain limits. However, there are things going on around you now that demand you take a broader view of life.

Nov. 23-Dec. 21 Today you could easily mislead yourself about something that seems unimportant but could have far-reaching consequences. Don't take anything on trust over the next 24

り Capricorn Dec. 22-Jan. 20 Perfection is an illusion and the

TODAY

Max 20°

Min 8

sooner you recognize that fact the better. By all means set yourself new goals over the next few days, but make sure they are goals you can actually

Aquarius Jan. 21-Feb. 18 You may be bored with your lifestyle but things get shaken up a bit this coming week. However, whatever changes come about they are unlikely to be permanent.

H Pisces Feb. 19-March 20 Your attitude towards money matters will change quite a bit today and tomorrow but that does not mean you can just forget about earning a living. SALLY BROMPTON

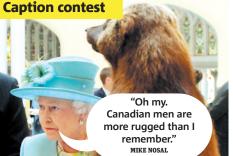
Andrew Schultz, Meteorologist

"I get to spread the word

on how your day, evening

or weekend will shape up with

our ever-changing weather here



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